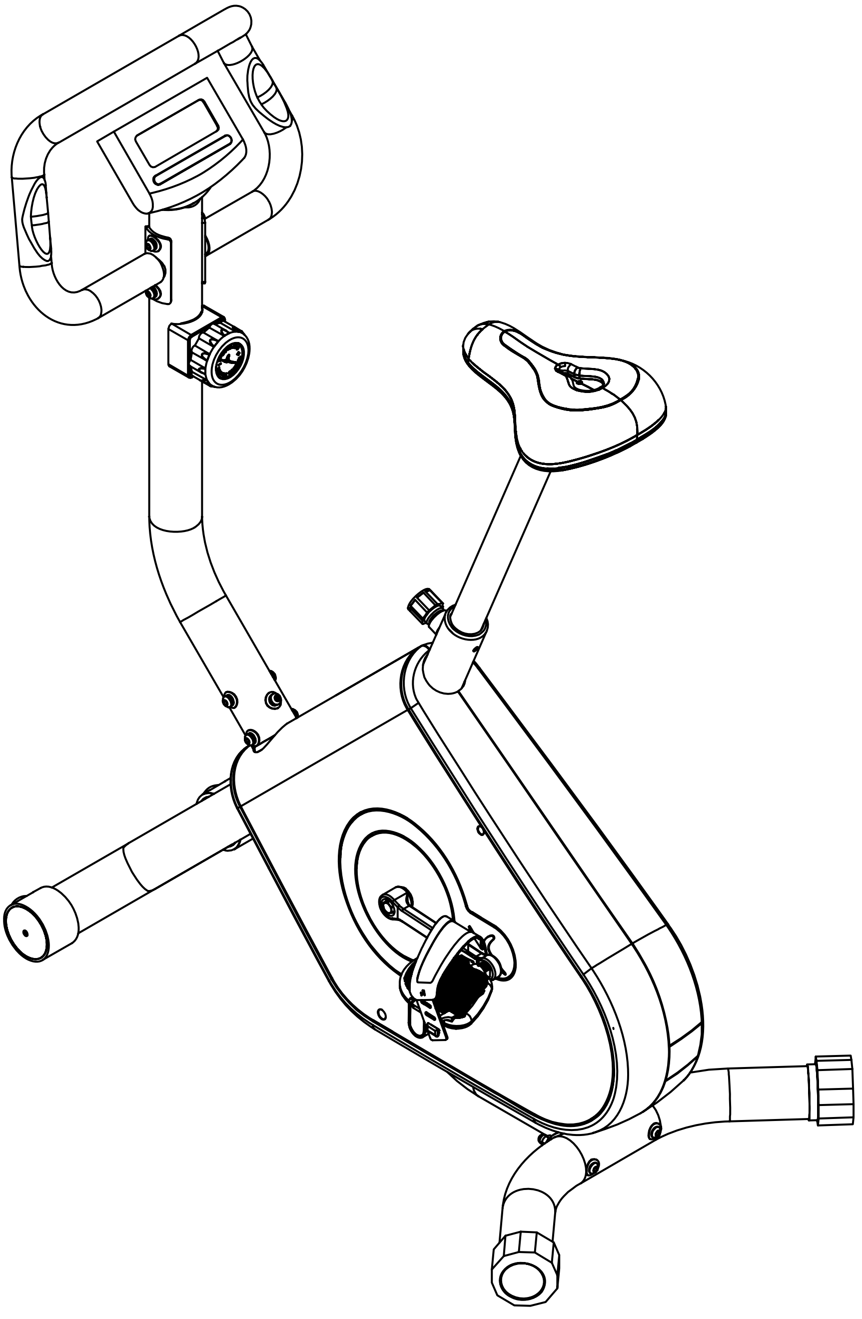
VM 180

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
BRUKSANVISNING
УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
ІНСТРУКЦІЯ ВИКОРИСТАННЯ
دليل الاستخدام
使用说明



DOMYOS

VM 180

DiS
Domyos Interactive System

Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保存说明书

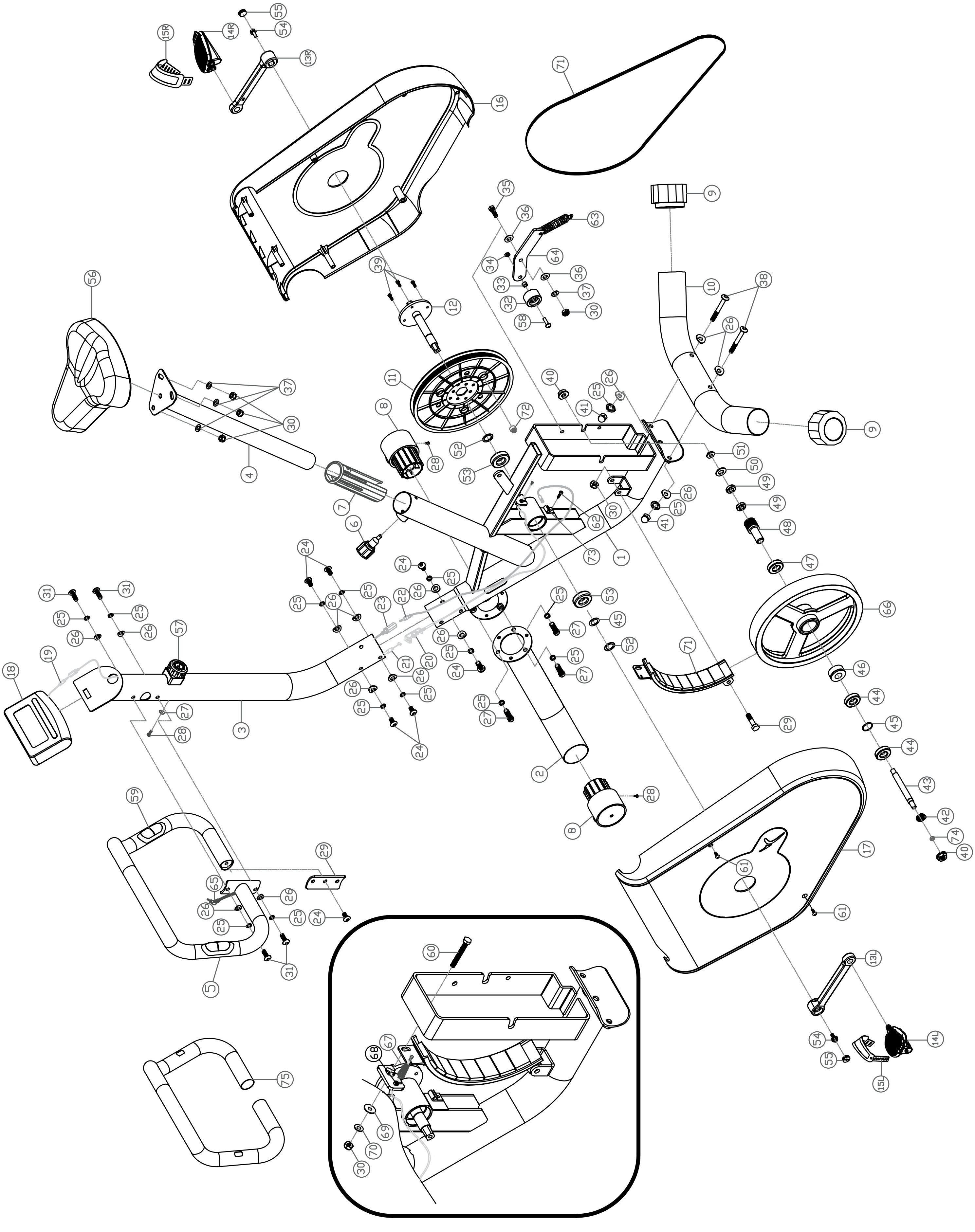
DOMYOS

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

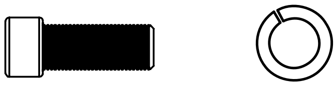
decathlon creation

www.decathlon.com Made in China - Hecho en China 中國製造 - Произведено в Китае
Réf. pack : 1051.132 - CNPJ : 02.314.041/0001-88 - 合格品

MONTAGE • ASSEMBLY •MONTAJE • MONTAGE • MONTAGGIO • AFWERKING • MONTAGEM • MONTAŻ • SZERELÉS • СБОРКА • MONTARE • MONTÁŽ • MONTÁŽ • MONTERING • МОНТИРАНЕ • MONTAJ • МОНТУВАННЯ • التركيب • 安装

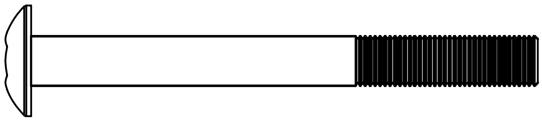


A x3

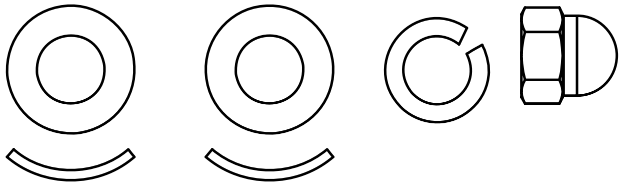


M8*14

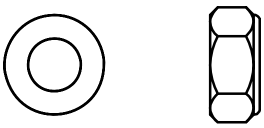
B x2



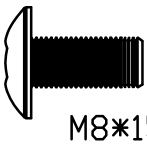
M8*70



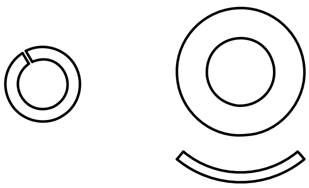
C x3



D x6



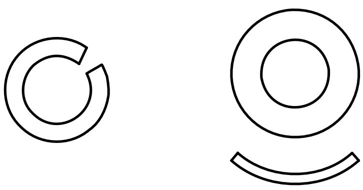
M8*15

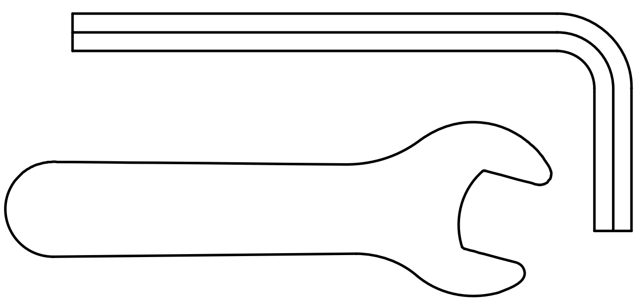


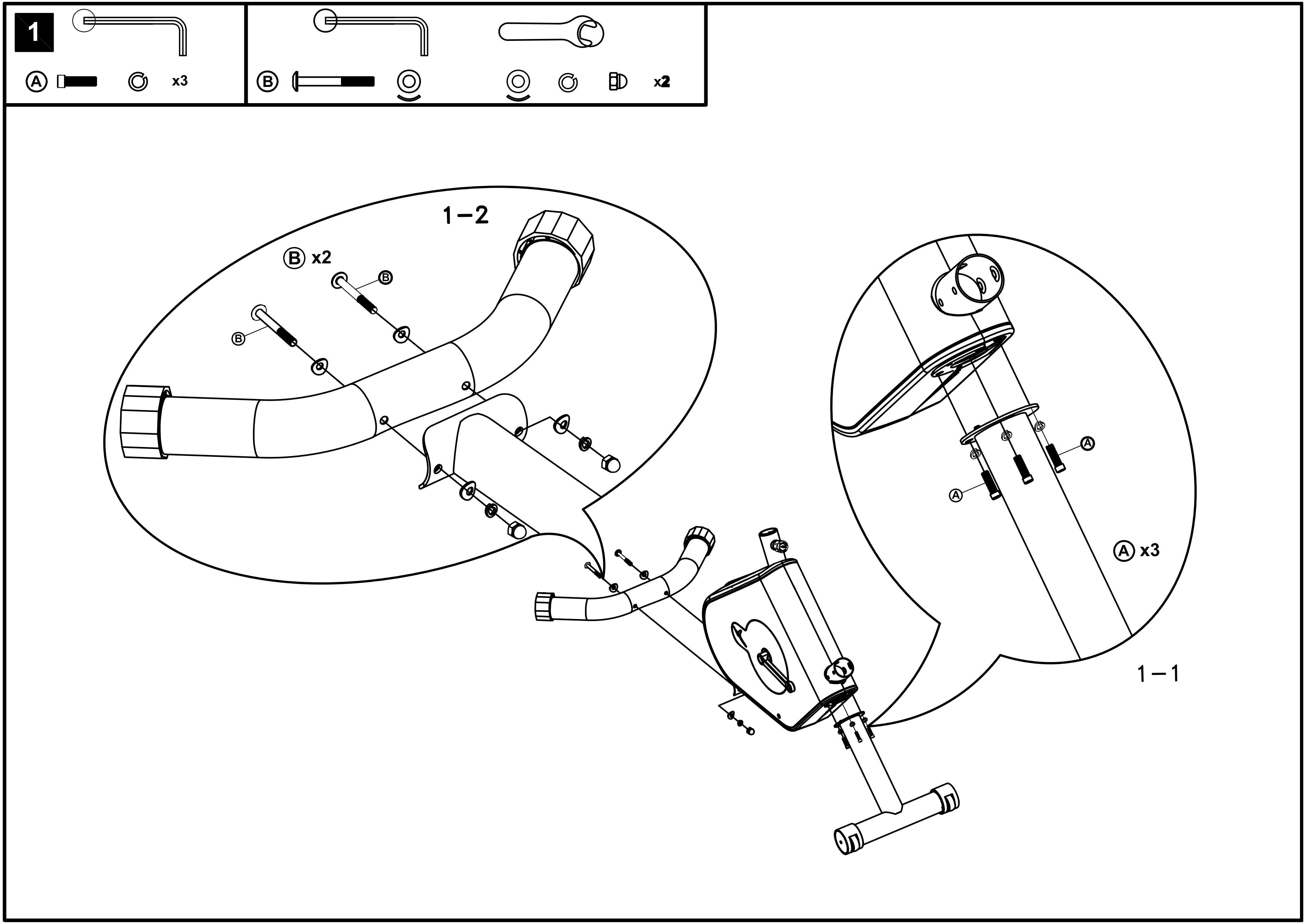
E x4

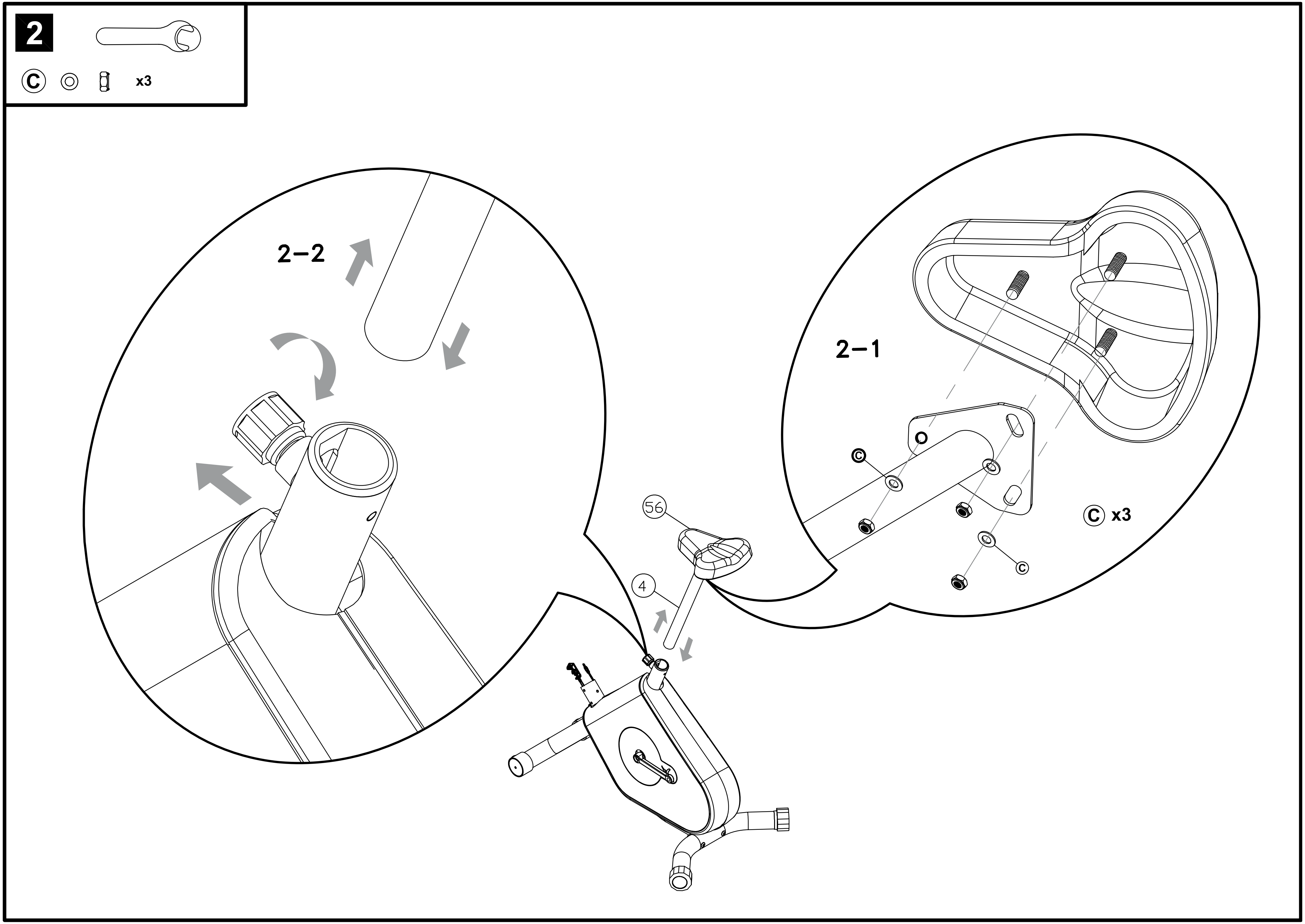


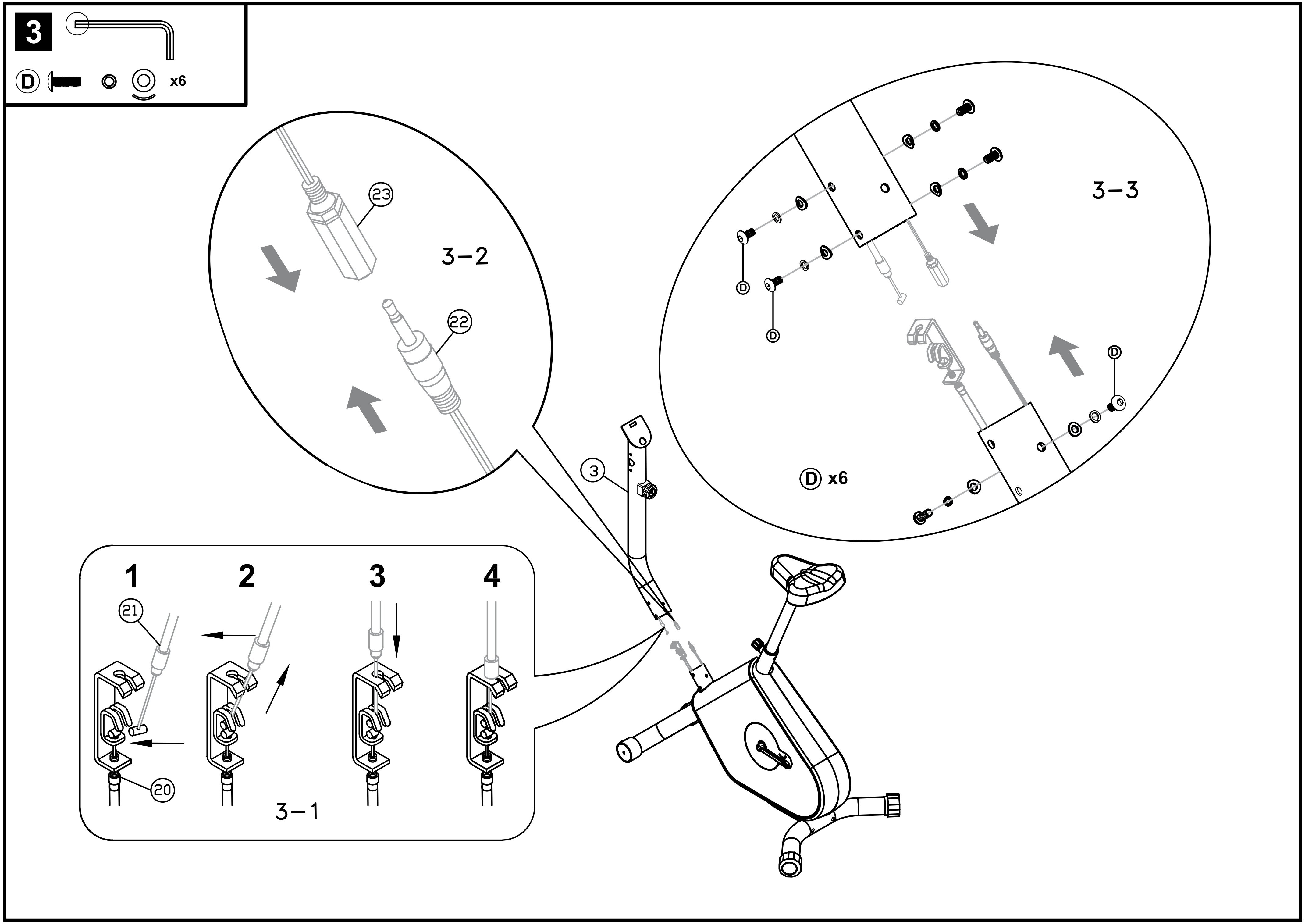
M8*25

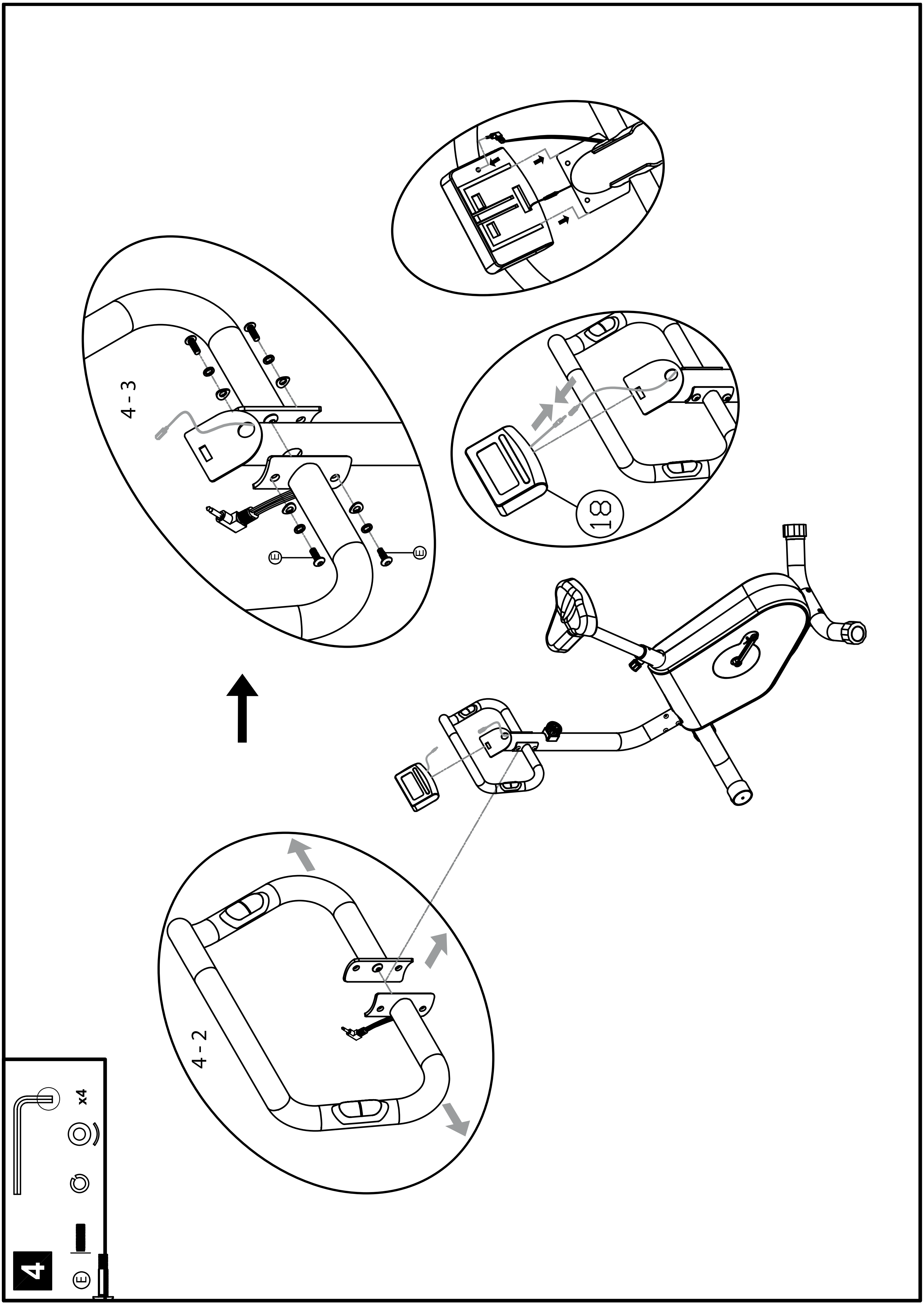


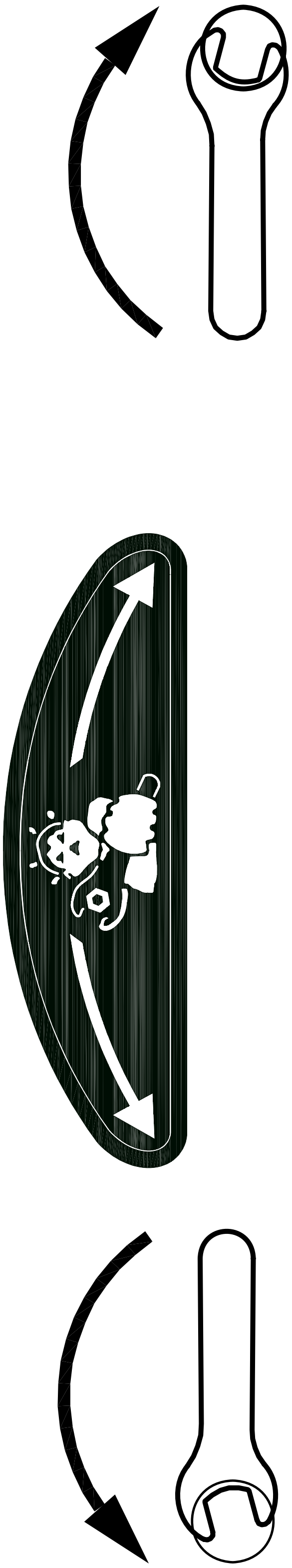


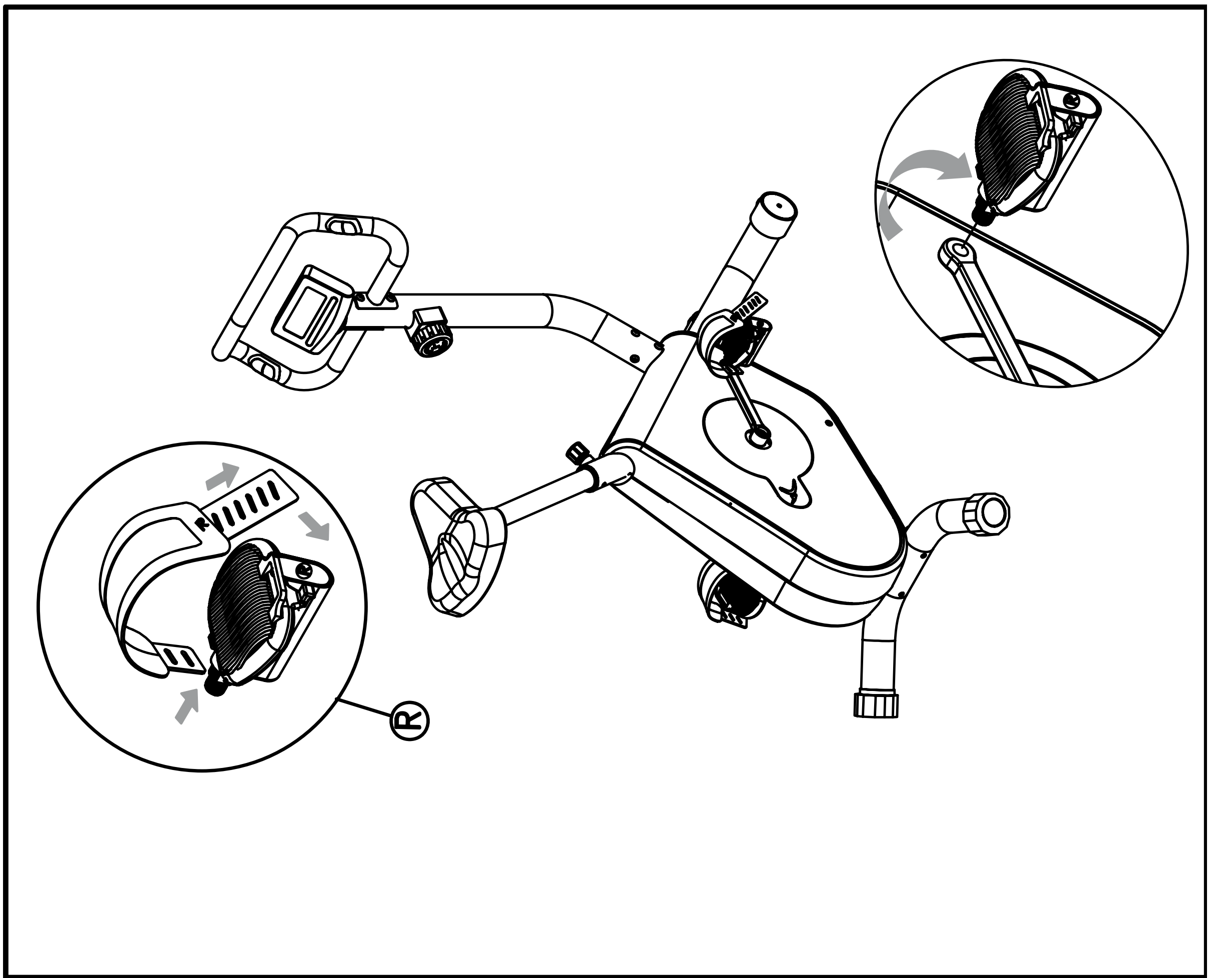

1
A
x3
B
x2
1–2
B x2
B
B
1–1
A
A
A x3

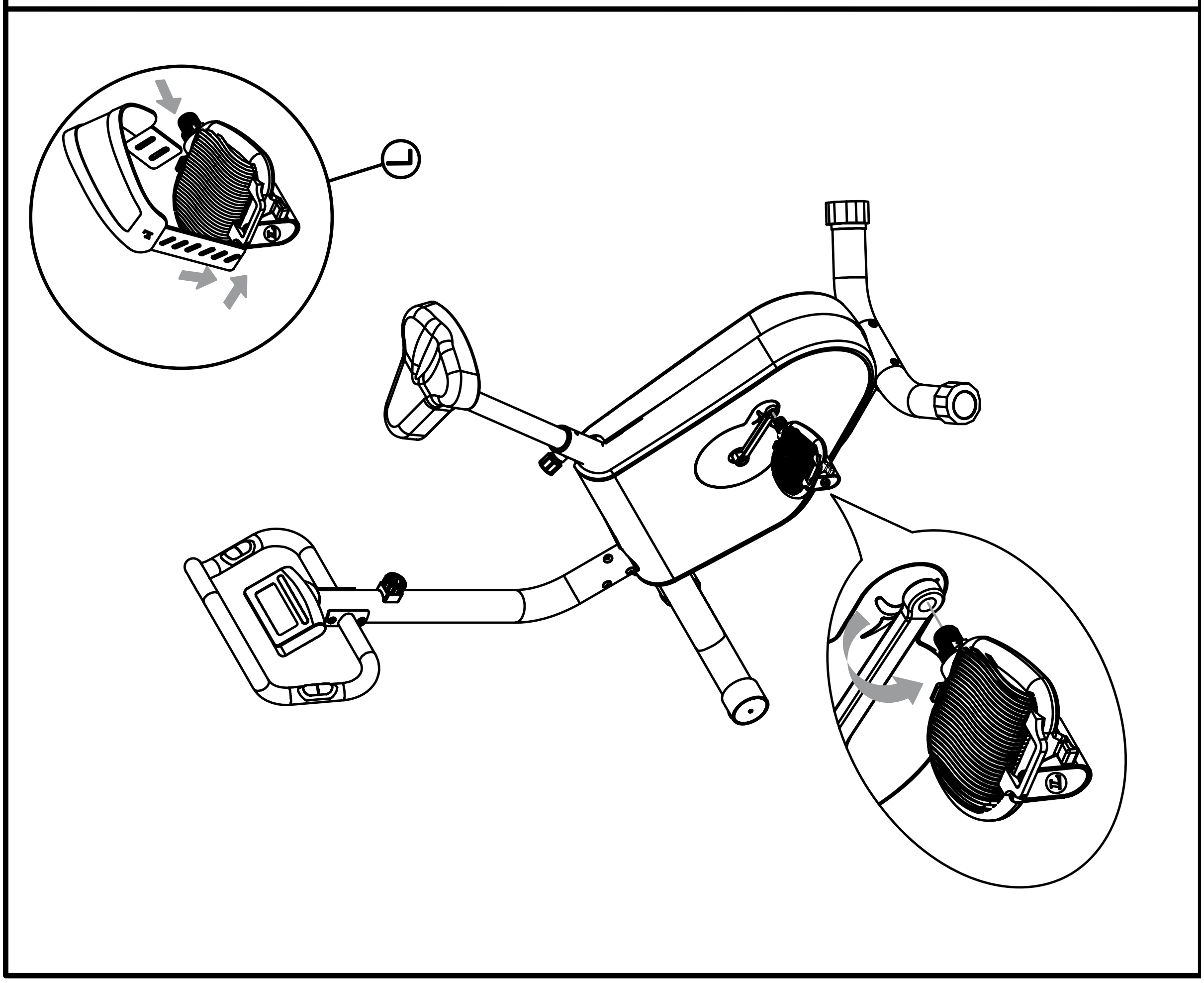

2
C
x3
2–2
2–1
C x3
56
4


3
D
x6
3—2
23
22
3—3
D
D x6
3
1
2
3
4
21
20
3—1


4
E
x4
4-2
4-3
18




R

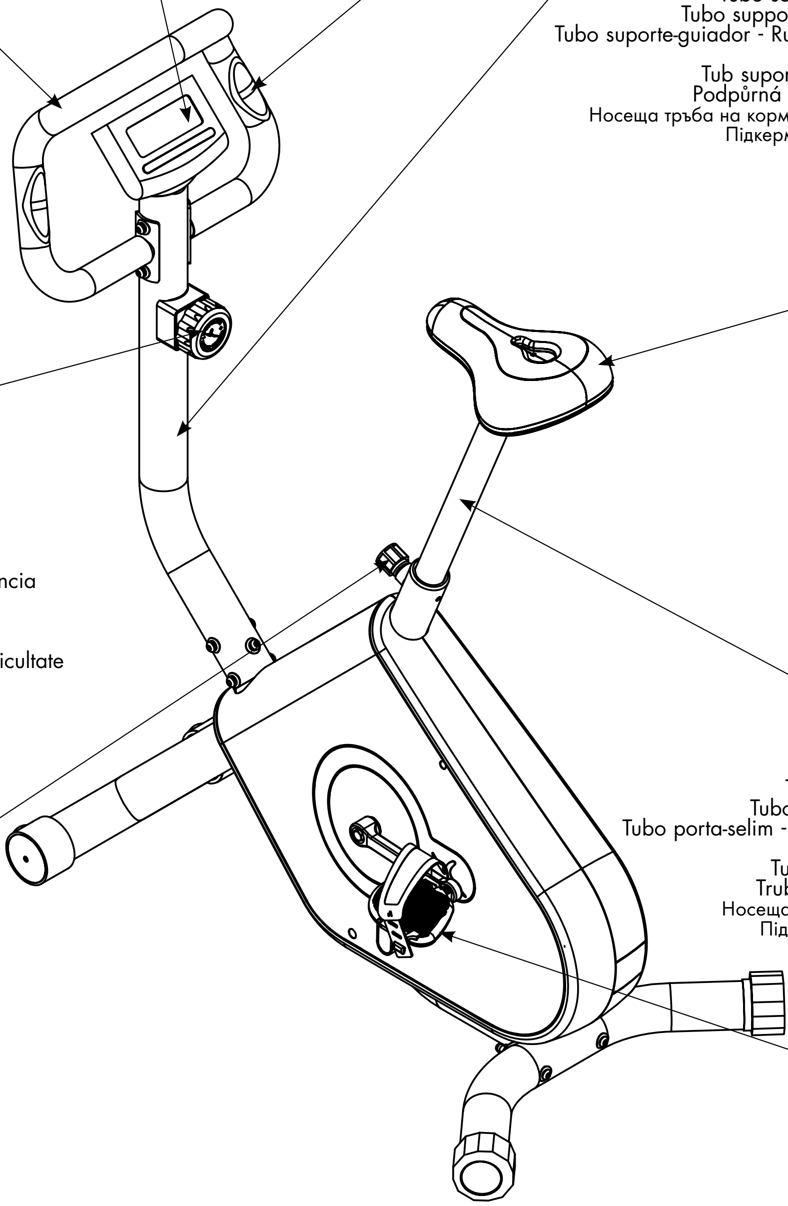

L

Console - Console
Consola - Konsole
Console - Console
Consola - Konsola
Műszerfal - Дисплей
Consolă - Konzola
Konzole - Konsol
Табло - Konsol
Приставка - الكونسول
控制面板

Capteurs de pulsations - Pulse sensors
Sensores de pulso - Pulssensoren
Sensori di pulsazioni - Hartslagsensoren
Sensores de pulsações - Czujniki pulsu
Pulzusszám-érzékelők - Датчики пульса
Captatori de pulsații - Snímač pulzu
Snímače tepu - Pulsgivare
Датчици на пулса - Nabız algılayıcılar
Пульсові сенсори - مجسات النبض
脉搏测试仪

Guidon - Handlebars
Manillar - Lenker
Manubrio - Stuur
Guiador - Kierownica
Kormány - Руль
Ghidon - Riadidlá
Řidítka - Styre
Кормило - Gidon
Кермо - الجادون
手把

Tube support-guidon - Handlebar tube
Tubo soporte-manillar - Lenkerstützrohr
Tubo supporto-manubrio - Stang stuursteun
Tubo suporte-guiador - Rurka podtrzymująca kierownicę
Kormánytartó cső - Опора руля
Tub suport-ghidon - Nosná rúra riadidiel
Podpůrná trubka řidítek - Hållarrör - styre
Носеща тръба на кормилото - Gidon dayanak borusu
Підкермова трубка - العامود الحامل للجادون
手把立管



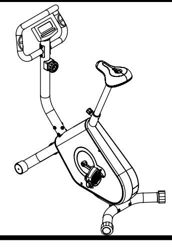
Siège - Seat
Asiento - Sattel
Sedile - Zadel
Assento - Siodełko
Ülés - Седло
Scaun - Sedadlo
Sedlo - Sits
Седло - Oturak
Сідло - المقعد
座位

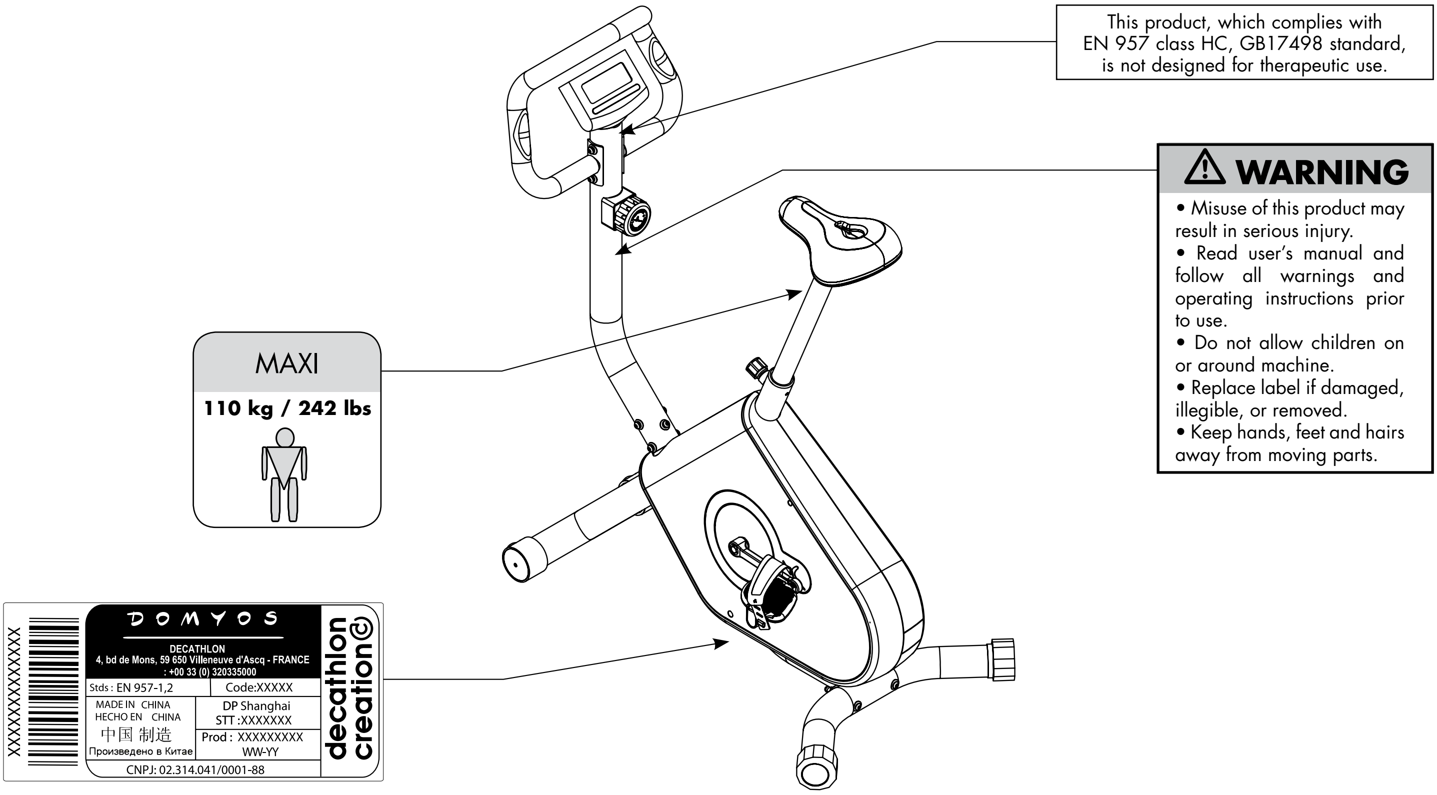
Molette de réglage de la résistance
Resistance adjustment knob
Rueda de ajuste de la resistencia
Widerstands-Einstellrädchen
Rotella di regolazione della resistenza
Knop instelling weerstand
Botão rotativo de regulação da resistência
Rolka regulująca opór
Ellenállás-szabályzó kerék
Переключатель уровня нагрузки
Moletă pentru reglarea nivelului de dificultate
Nastavovacie koliesko odporu
Kolečko pro nastavení odporu
Tumhjul för inställning av motståndet
Ролка за регулиране на съпротивлението
Dayanıklılık ayarlama kolu
Рукоятка регулювання опору
بركة ضبط المقاومة
松紧调节齿轮

Tube porte-selle - Seat tube
Tubo portasillín - Sattelstützrohr
Tubo porta-sella - Stang zadelsteun
Tubo porta-selim - Rurka podtrzymująca siodełko
Nyeregtartó cső - Опора седла
Tub sprijin șa - Nosná rúra sedla
Trubka nesoucí sedlo - Sadelstolpe
Носеща тръба на седлото - Sele borusu
Підсідельна трубка - عامود حامل للمقعد
鞍座支管

Bouton de réglage du tube porte-selle
Seat-tube adjustment knob
Botón de ajuste del tubo portasillín
Einstellrad des Sattelstützrohrs
Bottone di regolazione del tubo porta-sella
Instellingsknop stang zadelsteun
Botão de regulação do tubo porta-selim
Przycisk regulacji rurki podtrzymującej siodełko
A nyeregtartó cső szabályozó gombja
Ручка регулировки опоры седла
Buton de reglare al tubului de sprijin pentru șa
Nastavovací gombík nosnej rúry sedla
Tlačítko pro nastavení trubky nesoucí sedlo
Justeringsknapp för sadelstolpen
Бутон за регулиране на носещата тръба на седлото
Sele borusu ayar düğmesi
Рукоятка регулювання
زر ضبط عامود الحامل للمقعد
坐垫高度调节旋钮

Pédale - Pedal
Pedal - Pedal
Pedale - Pedaal
Pedal - Pedał
Pedál - Педаль
Pedală - Pedál
Šlapky - Pedal
Педал - Pedal
Педаль - البدال
踏板

	**VM 180**	**29 kg** **63 lbs**
	91 x 54 x 124 cm **36 x 21 x 49 inch**	



AVERTISSEMENT

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfansts d'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains,pieds et cheveux de toutes les pièces en mouvement.

ADVERTENCIA

- Cualquier uso impropio de este producto puede provocar heridas graves.
- Antes de cualquier utilización, lea atentamente el modo de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permitir a los niños utilizar esta máquina y mantenerlos alejados de la misma.
- Si faltase la pegatina, o si la misma estuviera dañada o ilegible, conviene sustituirla.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

WARNHINWEIS

- Jede unsachgemäße Benutzung dieses Produktes kann schwere Verletzungen zur Folge haben.
- Vor jedem Gebrauch bitte diese Gebrauchsanweisung aufmerksam lesen und alle darin enthaltenen Warnhinweise und Anweisungen befolgen.
- Kindern ist die Benutzung dieser Maschine zu untersagen und sie sind davon fernzuhalten.
- Ist der Aufkleber beschädigt, unleserlich oder nicht mehr vorhanden, muss er ersetzt werden.
- Ihre Hände, Füße und Haare von allen drehenden Teilen fernhalten.

AVVERTENZA

- Ogni uso improprio del presente articolo rischia di provocare gravi incidenti
- Prima di qualsiasi utilizzo, vi preghiamo di leggere attentamente le istruzioni per l'uso e di rispettare le avvertenze e le modalità d'impiego.
- Tenere i bambini lontani dalla macchina e non permettere loro di utilizzarla.
- Se l'etichetta è danneggiata, illeggibile o assente, occorre sostituirla.
- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

WAARSCHUWING

- Onjuist gebruik van dit product kan ernstige verwondingen veroorzaken.
- Voordat u het product gaat gebruiken, moet u de gebruiksaanwijzing lezen en alle waarschuwingen en instructies die hij bevat toepassen.
- Deze machine niet door kinderen laten gebruiken en niet in de buurt ervan laten komen.
- Als de sticker beschadigd, onleesbaar of afwezig is, moet hij vervangen worden.
- Uw handen, voeten of haar niet in de buurt van de bewegende delen brengen.

AVISO

- Qualquer utilização imprópria deste produto comporta o risco de causar danos graves.
- Antes de cada utilização, leia atentamente as instruções de utilização e respeite o conjunto dos avisos e instruções incluídas.
- Mantenha este aparelho afastado das crianças e não permita a sua utilização por estas.
- Se o autocolante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

UWAGA

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwalaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżać rąk, nóg i włosów do elementów w ruchu.

FIGYELMEZTETÉS

- A szerkezet helytelen használata súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatást
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a hajat a mozgó alka wtrészektől

Предупреждение

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкцию по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата

ATENȚIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răniri grave.
- Înainte de utilizare, vă rugăm să citiți cu atenție modul de folosire și să respectați toate
- Atenționările și instrucțiunile pe care acesta le conține.
- Nu permiteți copiilor să utilizeze această mașină și țineți-i departe de aceasta.
- Dacă autocolantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.

UPOZORNENIE

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré sú tu uvedené.
- Nedovoľte deťom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že je samolepiaci štítok poškodený, nečitateľný alebo štítok chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

UPOZORNĚNÍ

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě pročtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabraňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohybujícím se součástkám.

VARNING

- Felaktig användning av denna produkt riskerar att förorsaka allvarliga personskador.
- Läs noga bruksanvisningen innan du använder produkten och ta hänsyn till alla varningar och instruktioner som den innehåller.
- Låt inte barn använda denna maskin och håll dem på avstånd från den.
- Om dekalen är skadad, oläslig eller saknas, måste den ersättas med en ny.
- Låt inte händerna, fötterna eller håret komma i närheten av rörliga delar.

ПРЕДУПРЕЖДЕНИЕ:

- Всяко неправилно използване на този продукт може да доведе до сериозни наранявания.
- Преди да използвате продукта, моля прочетете внимателно начина на употреба и спазвайте всички предупреждения и инструкции, които той съдържа.
- Не позволявайте тази машина да бъде използвана от деца и ги дръжте на разстояние от нея.
- Ако самозалепващата лента е повредена, нечетлива или липсва, тя трябва да бъде сменена.
- Не доближавайте ръцете, краката и косите си до движещите се части.

UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemini dikkatle okumanız ve içindeki tüm uyarı ve talimatlara uymanız gerekir.
- Çocukların bu makineyi kullanmalarına izin vermeyin ve onları bu makineden uzak tutun.
- Yapışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırmayın.

ЗАСТЕРЕЖЕННЯ

- Всяке не відповідне застосування виробу утворює ризик тяжких поранень.
- Перед застосуванням прочитайте інструкцію використання та дотримуйтеся усіх попереджень та порад, які вона містить.
- Не дозволяйте дітям користатися цим апаратом та не підпускайте їх близько до нього.
- Якщо наклейка пошкоджена, нерозбірлива або відсутня, треба її замінити.
- Не наближайте руки, ноги та волосся до деталей, що рухаються.

تحذير

- عدم استخدام هذا المنتج بشكل سليم قد يسبب في إصابة خطيرة.
- قبل الاستخدام احرص على قراءة دليل الاستخدام بعناية مع الاهتمام الخاص بجميع التحذيرات والتعليمات التي يتضمنها.
- يمنع استخدامه من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.

注意

- 滥用本产品有造成严重伤害的可能。
- 使用前请阅读使用说明，遵守其中的有关注意事项和操作规定。
- 不要让儿童使用本产品或在产品周围玩耍。
- 若标签受损、印刷模糊或无标签，则应更换标签。
- 使手、脚和头发远离运动的部位。

ENGLISH

This product is DIS compatible

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us. We have created the DOMYOS brand to provide a way for all athletes to stay in shape. This product has been designed by athletes for athletes. We would be pleased to receive your comments and suggestions concerning DOMYOS products. Therefore, your store team is ready to listen, as is the DOMYOS products design department. You can also find us at www.DOMYOS.com. We wish you successful training and hope that you will enjoy using this DOMYOS product.

PRESENTATION

This product is a new-generation fitness bicycle.
Thanks to its specially-designed shape, this bike places you in an anatomical position.
The ergonomic form of the handlebars makes it easy to find the ideal position for your hands.
This product is equipped with a magnetic transmission system for optimal, silent and smooth pedalling comfort.
The stationary bicycle is an excellent means of cardiovascular exercise.
Training on this apparatus will increase your cardiovascular capacity.
This will help to improve your physical fitness and your endurance, and you will also burn calories (a necessary step in losing weight, in conjunction with a diet).
The stationary bicycle will enable you to tone your legs and buttocks.
Your calf muscles and lower abs are also used in the workout.

WARNING

Getting into shape must be done in a CONTROLLED manner.
Before beginning any exercise program, consult your doctor.
This is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years.
Read all instructions before use.

SAFETY

To reduce the risk of serious injury, please read the following important user precautions before using the product.

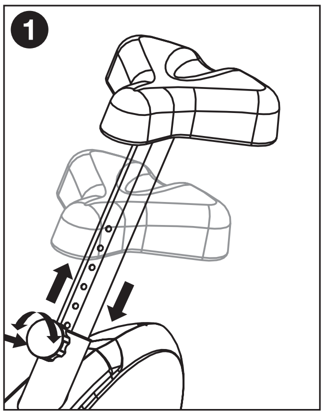
1. Read all the instructions in this manual before using the product. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. This device complies with European, American and Chinese standards pertaining to fitness products for domestic, non-therapeutic purposes (EN-957-1 and 5 class HC / GB17498 / ASTMF 1250).
3. This piece of equipment must be assembled by an adult.
4. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
5. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
6. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
7. Use the product indoors on a flat surface in a dry, dust-free uncluttered place. Ensure that you have enough space to access and move around the device safely. Protect the floor under the product by covering it.
8. It is the user’s responsibility to inspect and if necessary tighten all parts before using the product.
9. If your product deteriorates, do not use it any longer and take it to your Decathlon store.
10. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.).
11. Wear athletic shoes to protect your feet while exercising. DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewellery.
12. Put your hair up so that it does not get in the way during exercise.
13. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
14. Keep children and pets away from the product at all times.
15. Keep your hands and feet away from moving parts.

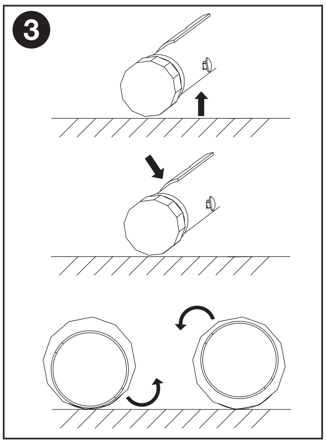
SAFETY

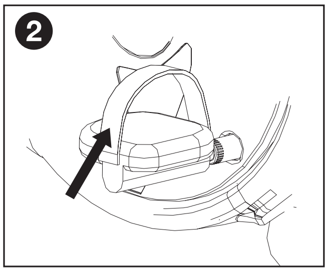
16. Do not exceed the limits of the adjusting mechanisms.
17. Do not modify your product.
18. When exercising, do not arch your back: keep it straight.
19. There are many factors that may affect the precision of the readout from the pulse sensor; it is not a medical device. It is designed merely to help you determine your approximate heart rate.
20. People wearing a pace maker, a defibrillator, or any other electronic implant are advised that they use the pulse sensor at their own risk. Before the first use, a test exercise under the supervision of a doctor is thus recommended.
21. Pregnant women are advised not to use the pulse sensor.
22. Before any use consult your doctor.
23. Always hold the handlebars while climbing onto or off the product.
24. Any assembly or disassembly of the product should be carried out with care.
25. As you finish your workout, gradually reduce your pedalling speed until the pedals come to a complete stop.
26. Maximum user weight: 110kg – 242lbs.
27. Only one person may use the product to exercise at any one time.
28. Clean with a damp sponge. Rinse well and dry.

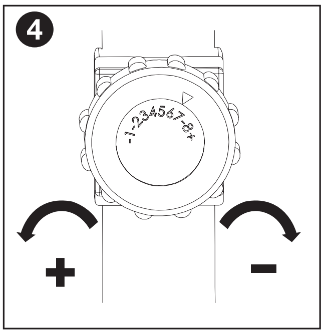
ADJUSTMENTS

WARNING: you must get off the bicycle to make any adjustments (seat, handlebars).









1 HOW TO ADJUST THE POSITION OF THE SEAT

For an effective workout, the seat must be at the right height, meaning that while you are pedalling your knees should be slightly bent when the pedals are at the lowest position.
In order to adjust the seat, hold the knob on the seat post, unscrew it and pull it out. Adjust the seat to the right height and reinsert the knob into the seat post, tightening it completely.

Important:
- Make sure that you put the knob back into place in the seat post and tighten it completely.
- Never exceed the maximum seat height.

2 HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal strap, try the different holes and fasten the strap when you find the right fit.

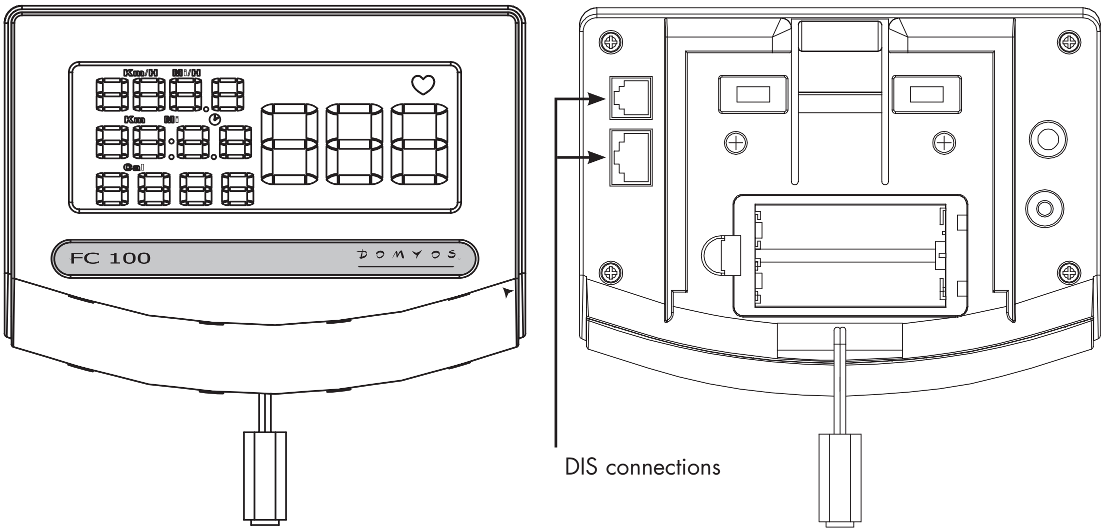
3 LEVELLING THE BICYCLE

In the event that the bicycle becomes unstable during use, turn one or both of the plastic ends on the rear support leg until the bicycle is stable.

4 ADJUSTING THE RESISTANCE

According to the EN (European Norm) definition, this product is an item of “pedal crank training equipment”.
You can adjust the braking torque not only with your pedalling speed but also by manually choosing your resistance level (by turning the torque control knob on non-motorised products and by pressing the +/- buttons on motorised products).
However, if you retain the same level of resistance, the braking torque will increase/decrease as your pedalling speed increases and decreases.

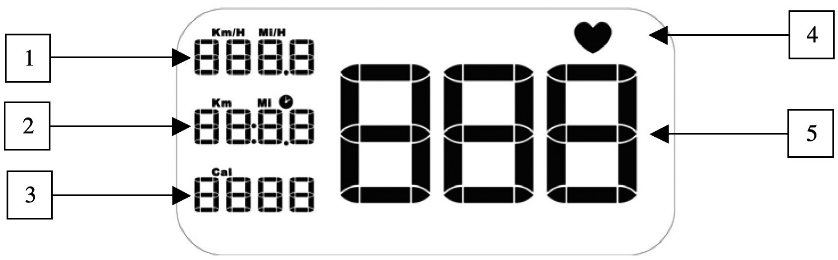
FC 100 CONSOLE



AUTOMATIC CONSOLE

This console is fully automatic and turns on as soon as you start pedalling.

DISPLAY



1. Displaying pedalling speed.
2. Alternating display of the DISTANCE covered and DURATION of the workout.
   The item of information displayed alternates every 10 seconds.
3. Displaying CALORIES expended.
4. HEART RATE indicator.
5. Digital HEART RATE display.

RESETTING THE PRODUCT:
The product goes to standby mode after ten minutes of inactivity.
The indicators are reset to 0 when the product goes into standby mode (the data is not saved).

FUNCTIONS:

Speed:
This function displays an estimated speed.
This distance may be either in km/h or mph, depending on the position of the switch on the rear of the product.

Distance:
This function indicates estimated distance covered since the beginning of the workout.
This distance may be displayed either in km or miles, depending on the position of the switch on the rear of the product.

Time:
This function indicates the time elapsed since the beginning of the workout.
This is indicated in "Minutes: Seconds for the first hour, then it switches to "Hours: Minutes".
After 10h the counter is automatically reset to 0.

Calories:
This function displays an estimation of calories expended since the beginning of the session.

Heart rate*:
Place the palms of your hands on the pulse sensors; after a few seconds the heart rate indicator will flash and your heart rate will be displayed in beats per minute.

*IMPORTANT: this is only an estimate, which should in no circumstances be considered medically reliable.

IMPORTANT: For several dozen seconds or when there is a rapid change in heart rate, the value displayed may not match your actual heart rate.
This is due to the mechanism starting up.

INSTALLING THE BATTERIES

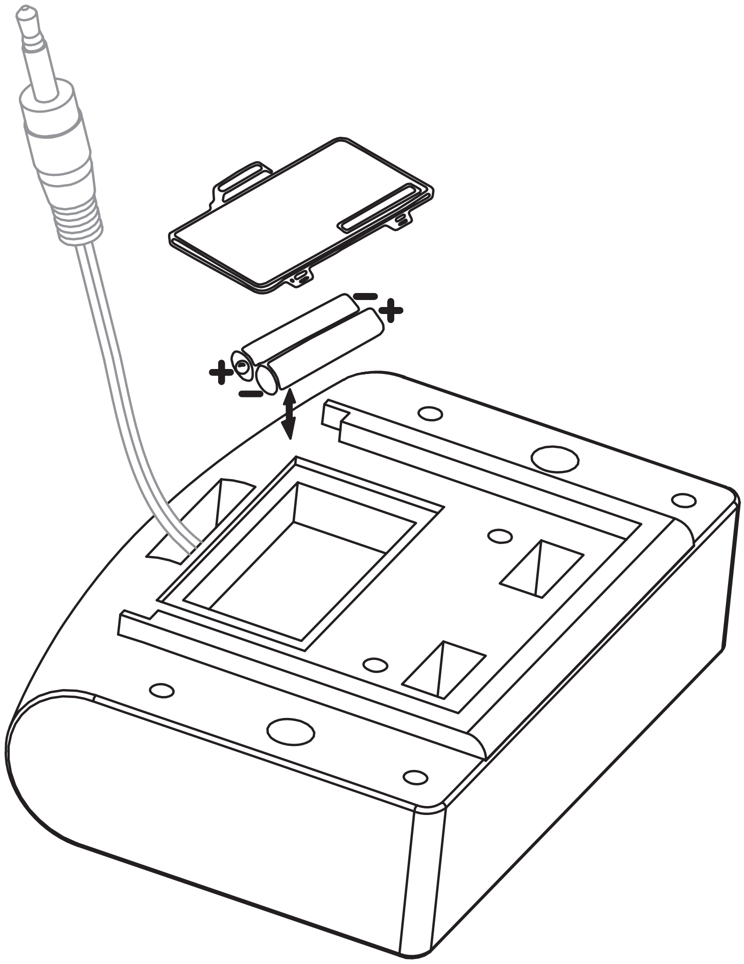
1. Remove the console from its holder, take the battery compartment lid off (located on the rear of the product) and insert two AA or UM-3 batteries in the battery compartment behind the screen.

2. Make sure the batteries are installed correctly and are flush with the springs.

3. Put the battery compartment lid back on and check to ensure that it is secure.

4. If the display is illegible or partial, remove the batteries, wait 15 seconds and then put them back in.

5. If you remove the batteries, the computer memory is erased.





RECYCLING :
The “crossed-out bin” symbol indicates that this product and the batteries it contains cannot be disposed of with household waste.
They are subject to specific sorting.
Take the batteries and your unusable electronic product to an authorised collection area for recycling.
Recycling your electronic waste will protect the environment and your health.

TROUBLESHOOTING

- If you note that your counter does not display the correct units of distance, check that the switch at the rear of the console is in Mi position for a display in miles and Km for a display in kilometres. Remove and replace the batteries for the change to take effect.

- If you note abnormal distances or speeds, check the switch at the rear of the console is in the VM position for a bicycle.

On magnetic bicycles, each turn of the pedals corresponds to a distance of four metres; on elliptical bicycles two movements correspond to a distance of 1.6 metres (these values are average values when riding a bicycle or walking).

- If the heart rate indicator does not flash or is flashing erratically, check that your hands are positioned properly and that the sensors are not too moist.

CARDIO-TRAINING

Cardio training is aerobic exercise (muscle development using oxygen); it enables you to improve your cardiovascular capacity.
More specifically, you improve the tone of your heart muscle and blood vessels.
Cardiovascular training takes oxygen from the air you breathe into your muscles.
The heart pumps this oxygen throughout the entire body, and especially to the muscles that are doing the work.

CONTROL YOUR PULSE RATE

Taking your pulse regularly while exercising is essential for controlling your training.
If you don't have an electronic measuring instrument, this is how you do it :
To take your pulse, place 2 fingers over :
your neck, beneath the ear, or inside the wrist next to the thumb
Don't press too hard :
Pressing too hard lessens the blood flow and can slow down the heart rhythm.
After counting the beats for 30 seconds, multiply by 2 to get the number of beats per minute.
Example :
A count of 75 beats gives 150 beats/minute

PHASES OF PHYSICAL ACTIVITY

A – Warm-up phase: progressive effort

The warm-up is the preparatory phase for exercise and gets your body COMPLETELY READY to start working out.
It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES.
It involves two stages:
WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.

1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.
2) The overall warm-up makes it possible to put the cardio-vascular and respiratory system into action gradually, for a better blood supply to the muscles and better preparation for the exercise. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that you should warm up for longer: in the morning and if you are over 55.

B – Training

The workout is the main phase of your physical activity.
By working out on a REGULAR basis, you can improve your physical fitness.
• Anaerobic work for improving endurance.
• Aerobic work for improving cardio-pulmonary strength.

C – Warming down

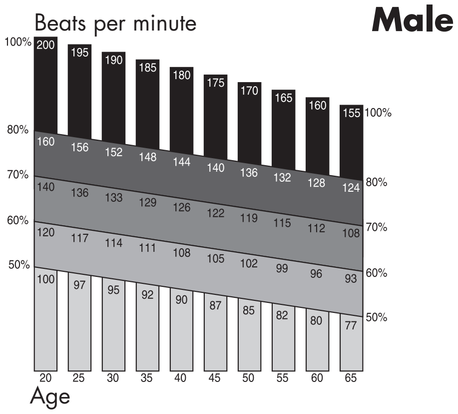
This corresponds to low-level activity; it is the gradual "resting" phase. WARMING DOWN returns your cardiovascular, respiratory and circulatory systems and your muscles to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

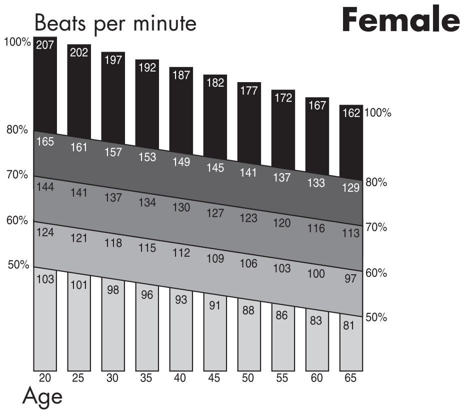
D - Stretching

You should stretch after warming down. Stretching after exercise: Minimises MUSCULAR STIFFNESS caused by the build-up of.

CARDIOVASCULAR TRAINING: EXERCISE ZONE

• Training at 80 to 90% and over of maximum heart rate: Anaerobic and red zones reserved for competitive, specialist athletes.
• Training at 70 to 80% of maximum heart rate: Endurance training.
• Training at 60 to 70% of maximum heart rate: Getting fit/Burning off fat.
• Training at 50 to 60% of maximum heart rate: Staying in shape/Warm-up.





If your age differs from those given in the table, you can use the following formulae to calculate your maximum heart rate which corresponds to 100%.
For men: 220 - age
For women: 227 - age

USE

If you are just starting out, begin by exercising for several days at a low resistance and speed, without forcing it, taking breaks if necessary. Gradually increase the number or duration of the sessions.

Maintenance/Warm-up: Gradual effort starting with 10 minutes.
For maintenance work to keep yourself in shape or get back into shape, you can train every day for about ten minutes.
This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity.
To increase muscle tone in the legs, choose a greater resistance and increase the duration of the exercise.
Obviously, you can vary the pedalling resistance over the course of your workout.

Aerobic exercise for getting into shape: Moderate effort for a relatively long time (35 minutes to 1 hour).
If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do so, there is no need to push yourself beyond these limits. Training on a regular basis is what will produce the best results.
Choose a relatively low pedalling resistance and do the exercise at your own pace, but for at least 30 minutes.
This exercise should cause you to build up a mild sweat, but it certainly should not leave you out of breath.
It is the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you pedal for more than about thirty minutes at least three times a week.

Aerobic training for endurance: Sustained effort for 20 to 40 minutes.
This type of training aims to strengthen the heart muscles significantly and improve respiration.
Pedalling resistance and/or speed is increased in order to increase breathing speed during the workout session.
This type of exercise is more sustained than when you are working out to get into shape.
Little by little, as you train, you will be able to work out for longer, at a faster pace or with a higher resistance.
You can do this type of workout at least three times a week.
After each workout, set aside several minutes to pedal at a lower speed and resistance, to slow down and gradually relax your body.

WARRANTY

DECATHLON guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and tear and for workmanship, starting at the date of purchase as indicated by the date on the till receipt.

DECATHLON'S obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DECATHLON.

All products for which the warranty is applicable must be received by DECATHLON at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:
• Damage caused during transport
• Improper or abnormal use
• Repairs carried out by technicians not accredited by DECATHLON
• Use for commercial purposes

This warranty does not exclude any legal guarantees applicable according to country and/or province.

DECATHLON - 4 BOULEVARD DE MONS – BP299 – 59665 VILLENEUVE D'ASCQ – France